

Fencing

Fencing foil

Parts - Pommel.

Grip

Guard a) Bell

b) Figure of 8.

Blade a) Forte ^{middle}

b) Faible

c) Burr.

d) Button of ribbles

d bound with adhesive

e) Tongue enters grip + pommel

Length of blade. 34" to 35". No. 4 + 5.

Grip - about 6", a plain pommel

French foil is in common use in England.

Mask of wire mesh, should have a tabette or rib

Target - on body, front, sides + back, between collar + hip - bones. Divided into 4 sections 2 upper + 2 lower. Line of division varies as to position of foil.

Guard position

- thumb along concave side of grip.
- 1st joint of forefinger against the guard.
- Other fingers used to balance. Foil held lightly, thumb + forefinger used to control movements in fencing.
- Arm bent, thumb on top, elbow about 4" from side, pommel in line with elbow + point in line with opponent's left eye.

Foot positions.

- 1) Stand st: m: ft: at st: L,
rt: ft: point'g fwd:
- 2) Step $2\frac{1}{2}$ ft: lengths, fwd: m: st: ft:
- 3) Bend both knees, int: over both toes,
body erect, both heels on ground.

Lunge Positions.

Step fwd: m: st: ft: about 15" to 18"
keeping lt: ft: on the ground,
bac'g lt: kn: Extend rt: A: , lt:
hand down: in line m: lt: thigh.
palm up: Do not lean fwd: or
protrude head. No jump, foot hardly
off the floor. In the return, lt:
leg exercises pull'g force.

Salute A.

Before lesson or assault.

Count 1. Foil held upright - pte of
blade opp: mouth.

Count 2. Blade dropped to within 2"
of the floor in front.

Count 3. Intend to touch opponent's
point.

Put on mask m: lt: hand.

Defensive movements.

Simple Parries

Parry quarte.

Turn fingers up, carry sword with quick movement, few inches to left, keeping point up.

NOTE This will parry to the left, in attack made above the hand, on the inner line.

Parry sante.

Turn fingers up, carry sword a few inches to the right.

NOTE This will parry to the right, on attack made above the hand on the outer line.

Parry septime.

Carry point of sword downward & across the body to the left, fingers upward, hand in position as for quarte.

NOTE This will parry to the left, a thrust made below the hand.

Parry octave.

Carry point of sword downward, across body to right, fingers up.

NOTE This will parry to the right, a thrust made below the hand.

Reposte - Follow up the parry with the point to opponent's target, with help of fingers & then extend. No movement of body or foot. Reposte if it is slow, may have

to be on the lunge. In this case a counter riposte will be only on the intend. Every parry should be automatically followed by the riposte, without tightened muscles to slow up the movement. Retirement should not be further than necessary, & the riposte will not reach the opponent's target. A good parry & riposte are worth more than many hits obtained by chance. Neglect of the riposte gives time for a hit after the parry has been made - speed is essential.

Remise - is an attack renewed in the same line as the original attack. When the adversary does not riposte or makes the riposte by two or more movements. Riposte can be made by disengage - care not to straighten arm until the point is disengaged. A 1-2 can also be made - cut over, but the opponent has time to recover or to hit ^{by} remise.

In making riposte, the hand should close the line & the body remain upright.

● The Bind.

Consists in getting possession of your adversary's blade & carrying it down into the opposite low line. It is simply necessary to press your point over his hilt, seize his point by your own forte, thus encircling his weapon. Press it down, forte to Double from Cote to Octave & from Sin to Septieme. His point having been carried outside the line of the body, lunge under his hand with the hand in opposition.

● The bind is effected on the adversary's point, & when his arm is extended.

Attacks with Bind.

Bind & lunge.

1. Quint bind.
Parry octave.
Lunge in High line.

Bind & One-Two in High line.

1. Quint Bind.
Parry Octave
Quint in High line.
Parry Sin.
Disengage, lunge.

Attacks to decide the Beat.

Disengage.
Parry six.
Cut-over
Parry carte
Riposte direct.

And the Beat.

Disengage
Counter of carte
Decide & lunge

Disengage lunge.

Cut-over
Six
Cut-over
Carte
Riposte direct.

One-two.

Faint disengage
Six
Disengage & lunge

The same attacks must be repeated when deciding the Press.

Your sword must not resist the press of the adverse blade, but should yield to it.

The Time Thrust.

The Time Thrust is the action of making an attack between the two final movements of your adversary's attack, & is effected.

1) By anticipating the last of these & hitting him in the line in which he had intended to make his thrust, & which he finds closed by reason of your action.

2) By obstructing his passage from one line into the line in which he intends to make his lunge.

The Direct Time Thrust.

Can be effected on any composite attack ending in Six by lunging (with hand in opposition) direct in that same line between the adversary's last point & his final lunge. By so doing you gain half a movement on your adversary, because you touch him during the passage of his blade from one line to the other. This direct movement on your part closes at the same time the line that he proposed entering in his attack upon you.

The Time Thrust in Opposition.

This may be employed in composite attacks ending in the line of Carte, & is executed by lowering the point of your sword, stopping your adversary's blade in Octave, holding it there by opposition of Octave, and simultaneously touching him in the low line. This thrust checks the final movement of his attack, having been executed prior to it.

Prices

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Volley-ball	\$ 4.50
Soccer ball	7.00
Basketball	7.00 - 8.00
Football	6.75
Handball	.25
Tennis balls	.50
Tennis nets	6.00
50' tapes	.75
Basketball Bladders	.50
Volley-ball Bladders	.80
Gym mats (10' x 5' x 2")	45.00
Stop watches	12.80
Self clubs	3.50
- balls	.75
Bones	12.80
Arrows	1.25
Targets	8.00
Target faces	2.00
String	1.80
Rips	.80
Arm guard	1.50
Quints (set of 4)	2.00
Arrows (set of 4)	4.00
Basketball nets	.45
Repair kits	1.25
Indoor base (set of 2)	2.25
Rubber home plates	.35
Hockey-stick	3.00
Darts	.10
Snufflers	1.00
Rule books	.25
Score books	.25

Time	\$ 1.00	Amal.
Ammunition	.65	box.
Shin guards (locking)	1.35	
Megaphone	.80	
Gun	20.00	
Discus	6.00	
80' tape (steel)	4.00	

Court Sizes.

Basketball -	40' x 60' . 9' above floor.
Handball -	36' x 20'.
Baseball -	60' base lines . 45' .. (girls.)
Volley-ball -	50' x 25'
Broad jump -	20' x 8'
High jump -	16' x 12'.
Soccer -	240' x 150'.
Hockey & soccer -	180' x 150' . (combination.)
Croquet -	60' x 30'.
One archery lane -	50 yd.
Tennis court -	120' x 60'.
Baseball circle -	8'
Shot-put circle -	2'



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